

## **Historic, archived document**

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# Zesty Tuna Fish Salad Sandwich

Serves 4

## Ingredients:

8 slices whole wheat bread  
2 (6 oz.) cans tuna packed in water, drained  
¼ cup mayonnaise  
Zest and juice of 1 lemon  
4 eggs, hard boiled and finely chopped  
¼ cup chopped dill pickles  
4 T minced onion  
½ t lemon pepper  
4 leaves green leaf lettuce, chopped  
8 slices tomato, thinly sliced



## Directions:

In a medium mixing bowl, whisk together mayonnaise, lemon zest and lemon juice. Add tuna, eggs, pickles, minced onion and lemon pepper and stir to coat.

Divide tuna salad among 4 slices of bread. Top each with chopped lettuce and tomato slices. Top with remaining 4 slices of bread and serve.

## Meal Accompaniments:

4 cups 1% low-fat milk  
4 medium apples  
32 baby carrots

## Nutrition Per Serving:

Calories: 641  
Saturated Fat: 6g  
Sodium: 998 mg  
Potassium: 1343 mg  
Calcium: 453 mg  
Vitamin D: 280 IU/ 7 mcg  
Dietary fiber: 11 g

## Food Group Amounts:

Grains: 2 ounces  
Proteins: 4 ounces  
Vegetable: 1 ½ cup  
Fruit: 1 cup  
Dairy: 1 cup  
Oils: 2 tsp



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.